

Hammer Martial Arts



Handbook

What is Tae Kwon Do?

Tae Kwon Do (TKD) means the “Art of Fighting Using Your of Hands and Feet as one”. Taekwondo is the modernized form of an old oriental art of self-defense or unarmed combat. Taekwondo is a hard and linear style. It uses strong blocks, punches, and kicks to disable an opponent. One facet that distinguishes Taekwondo from other martial arts is the quick and powerful kicking techniques for which Korean arts are known. As well as learning self-defense, students of Tae Kwon Do learn mental discipline and self-control and increase their overall fitness level.

Literal Translations:

- TAE means kicking or smashing with the foot.
- KWON means punching with the fist.
- DO means the art or way of.

The Benefits of Tae Kwon Do

Tae Kwon Do provides great physical and mental conditioning for all ages, from children to teens and adults. Students will not only learn self-defense techniques, but will develop greater self-discipline, increased concentration and self-confidence. Tae Kwon Do exercises can also lead to better weight control and stress management. In addition, the skills that are practiced help the student overcome negative attitudes and habits which can lead to improved grades in school.

What is Hammer Martial Arts

Hammer Martial Arts is a martial arts school operated for over 26 years by Master Rex Hammersley, with locations in Plainfield and Danville. It is affiliated with the West Mudo Kwan school operated by his long-time teacher and friend Grand Master Choung M. Park who is still practicing at 75 years of age.

Master Hammersley incorporates many different styles of martial arts into his programs, including traditional Tae Kwon Do, Hapkido, Judo, Jujitsu and simple self-defense which addresses the needs of all ages. His classes focus on providing a positive environment for students to challenge themselves and achieve their individual goals, regardless of their age or skill level.

Beginning students will master basics before moving to higher ranks, usually within 3-4 months. We focus on self-defense, applying appropriate stances, breathing, punching, blocking and kicking. We offer training for both kids and adult classes, including TKD, Grappling, Jiu-jitsu, Hapkido and Breaking. Forms (or Kata) are required for each belt ranking level along with 5-8 self-defense techniques. Both required for testing in our TKD program.

Hammer Martial Arts is dedicated to helping each student address their individual goals.

Hammer Martial Arts is more than a school...

We are a family of martial arts students and instructors who work hard to bring out the best qualities in each other. Our school follows the five tenets of Tae Kwon Do:

- Courtesy – Showing respect to others around you, especially superiors
- Perseverance – Have patience and keep practicing
- Integrity – Always doing the right thing, even when no one is watching
- Self-Control – The ability to control oneself in sparring and all aspects of their life
- Indomitable Spirit – Never giving up, even during the toughest of times

Classes

Training in taekwondo takes a lot of hard work. Expectations are the student will attend at least twice a week. If you do this, things like competition and belt tests will become much easier.

Class Types

Little Dragons is a class for kids ages 4-7. Students learn the basic moves of TKD—kicks, punches, and blocks—and also participate in fun activities that improve balance and agility, discipline, respect, and self-control. Progress is tested at intervals, and rewarded with the presentation of the next level of belt. Once they are old enough and have enough experience, students can move up to the regular TKD class as a white belt.

Tae Kwon Do is the class for students age 7 and up. Students learn the basic kicks, punches, and blocks that form the foundation of TKD. Students also learn some basic “one step” self-defense skills. These skills are then linked together into “forms” that the students are tested on. Classes also include a chance to practice these skills by sparring with their classmates.

Bokken class is a Korean sword class teaching forms, self-defense and striking points.

Hapkido- For ages 15 and up, Hapkido runs the gamut from punching/kicking to joint locks, throws with a goal of practical self-defense. Class work starts with simple techniques appropriate for a beginning student and work up to more advanced techniques as a student matures in skill. Training time is split between technique drills and applied/self-defense practice.

Class Locations

- Plainfield location:
 - Plainfield Aquatic Center
651 Vestal Road
Plainfield, IN 46168-3309

- Danville location:
 - Danville Rec Center
47 N Wayne St. 3rd floor
Hargrave Hall Gym, Door 8
Danville, IN 46122

Class Schedules

- Lil' Dragons
 - Thursday – 5:30 to 6 and 6:00-6:30 pm
 - Saturday – 9:00-9:30 am
- Tae Kwon Do
 - Tuesday – 6:30-7:15 pm
 - Wednesday – 6:30-7:15 pm
 - Thursday – 6:30-7:15 pm
 - Saturday – 9:30-10:15 am
- Bokken Sword Class
 - Wednesday – 7:15-8:00 pm
- Hapkido Tues-Wed 7:15 pm, Saturdays at 10:15 AM

Students may attend any or all classes in any given week. Testing for promotion to the next level (belt) is on Saturdays at 10 am, approximately every 3 months, with dates announced a few weeks in advance. Students are encouraged to attend as many classes as their schedule allows.

Costs

Classes are paid for on a monthly basis at the beginning of each month, regardless of the number of classes attended. Payments made after the 15th must include a late fee of \$10.

Class Agenda

Each class differs in how much time is spent on each technique depending on the needs of those in class each day. Just before tournaments, time will also be spent in learning the expected conduct and procedures for tournament day.

- Stretching
- Kicking and Punch techniques
- Forms
- Self Defense
- One Step Sparring (also referred to as Defensive Techniques or simply “Numbers”)
- Sparring

Conduct

The Dojang or school is a place to learn both Taekwondo techniques and mental discipline. Students play a key role in helping each other grow both physically and mentally. It is critically important that members of the club show respect for each other.

Students should take pride in how they conduct themselves both while in the Dojang and also in their normal daily activities.

The classroom setting is not the place for uncontrolled aggression or mean-spirited behavior. It is our goal for everyone to feel respected and complete each class safely.

Student Conduct

Students are expected to be on time and ready to learn and participate. Respect should be given at all times to students, instructors and equipment. Showing respect includes:

- Not talking to other students or spectators that is not related to the current activity
- Being Polite and Respectful to other students or instructors
- Turning off all electronic devices such as cell phones other devices
- Control should always come before power or speed
- Being excessively rough with other students during sparring
- Keep your mind focused on the task at hand
- Trim finger and toe nails
- Remove jewelry
- Quietly stretching before class begins
- No horseplay before, during, or after class
- No climbing on equipment or using equipment for something other than its intended use

Students could be asked to step out of class if they are being too disruptive for class to continue.

Students should NEVER use their TKD techniques on others outside of class except in cases of defense of their life or loved ones.

Spectators/Parents

Spectators and parents are always welcome; however, please be respectful by

- Not talking loudly
- Not talking on the phone
- Not playing games or watching videos with the sound turned on
- Not talking with students or instructors during class
- No sideline coaching (leave this to the instructors please)
- Always be positive in your support for all students
- Never ridicule, laugh or shout at a student
- Never encourage a student to hurt another student
- Condemn the use of violence in any form outside of class
- Encourage players to obey the rules and to show respect
- Keep children in your care, who are not students, under control

If you are disruptive to the class, you may be asked to step out of the room.

Equipment Needed

TKD equipment is designed to provide both comfort and protection. It should be treated with respect and should never be thrown on the ground.

Required Equipment

Every student is expected to have the following items at every class

- Uniform
- Belt
- Sparring Pads
- Mouthpiece
- For males, Sports Protector (cup)

Most equipment can be purchased through Master Hammersley.

Optional Equipment

- Helmet
- Chest Pads
- American Flag Patch - (Right Shoulder, centered 1 inch below the shoulder seam)
- Korean Flag Patch – (Left Shoulder, centered 1 inch below the shoulder seam)

HMA has helmets and chest pads available for use by students competing in sparring at tournaments. They are not needed for in-class sparring. HMA buys sparring equipment from Asian World of Martial Arts, Please see their website and provide Master Hammersley with the SKU# for items you'd like to purchase for better prices.

Earned Equipment and Markings

- Belts – earned through testing
- Lapel Stars – one star is earned for each tournament the student competes in
- Black Belt Stitching

Other Equipment

- Practice boards for breaking

Belt Levels

All Students start at a White Belt.

Gup	Belt
	White
10 th	Yellow
9 th	Yellow with Green Tip
8 th	Green
7 th	Green with White tip
6 th	Blue
5 th	Blue with White tip
4 th	Brown
3 rd	Brown with one White Tip
2 nd	Brown with two White Tips
1 st	Brown with three White Tips
Probational 1 st Dan	Brown w/Black Tip

Events

There are two key events where students and test their abilities: Belt Promotion Testing and Tournaments.

Belt Promotion Testing

Belt promotion testing occurs on Saturdays approximately every 12. In the last couple of weeks leading up to the test, classes will concentrate on the techniques needed to pass the test. If a student is unsure if they are ready to be tested, they should have a discussion with Master Hammersley. The higher belts often take longer than 12 weeks to master. There are 9 Gup ranks between white and blackbelt, and 9 gup ranks between degrees (or Dans) of blackbelt. 9th degree is the highest obtainable degree in the US.

Students will be tested on

- Kicking and punching basics
- Forms
- One Step Sparring
- Self Defense
- Free Sparring
- Board Breaking Technique
- Knowledge and Terminology
- Attitude/Manner

Tournaments

Tournaments are a student's chance to test their abilities against students from other schools who are the same age and belt level. It is important for students to observe what is possible as they progress. Tournaments are sponsored by different schools and Associations, and vary slightly but generally have the same elements; judges are advised to score on basis of belt rank, style, efficiency and technique.

- Forms
- Breaking – students are required to do 3 breaks
- Weapons
- Point Sparring – sparring continues until someone scores a point then it is stopped and reset until a participant scores 5 points
- Olympic or Continuous Sparring – Sparring occurs for 2 minutes and total points are announced at the end of the 2 minutes.

Boards can be purchased from Master Hammersley, or you can cut your own.

- Sizes are 1X3X12 for ages 4-12
- 1X6X12 for up to age 16
- 1x9x12 for 16 and older.

Sometimes boards can be purchased at the tournament; however, if possible, you should be prepared to provide your own. Always ask Master Hammersley for details on breaking and rules for that tournament. Wood is the only allowed breaking material in AMAA sanctioned tournaments.

Hammer Martial Arts sponsors a tournament every year in the spring. Students are expected to make every effort to attend. Volunteers are needed before, during, and after the tournament.

Other Events

Halloween Party – Every year HMA hosts a Halloween party at the end of October.

Quaker Day Parade – HMA sponsors a float every year for the Quaker Day Parade in September that students can ride on.

Communications

Website www.hammerma.com

Facebook – Include link to testing form: Hammer Martial Arts Facebook page

Newsletter - Quarterly

Biographies

Grandmaster Choung M. Park

Grandmaster Choung M. Park has earned 9th Degree Black Belts in Tae Kwon Do, Judo, and Hapkido. He was a member of the 1964 South Korean Olympic Judo team and was the 1965 and 1966 Korean National Champion in Judo (heavyweight division). In 1966, Grandmaster Park established a Tae Kwon Do school in South Korea and taught there until moving to Chicago, IL in 1971 in order to teach Tae Kwon Do and Judo. In 1973, Grandmaster Park established West Mudo Kwan in Indianapolis.

His training provides students with the unique opportunity to learn both International Taekwon-Do Federation (ITF) and World Tae Kwon Do (WTF) forms. In addition, Grandmaster Park's teaching methods utilize self-defense techniques based on Hapkido and Judo techniques. The combination of these skills provides a truly well-rounded martial artist.

Master Hammersley 5th dan

Master Rex Hammersley is the owner of Hammer Martial Arts and is a 5th degree black belt in Taekwondo. He has taught martial arts for over 30 years as a member of the American Martial Arts Academy (AMAA), the Indiana Martial Arts Federation and the American Hapkido Federation. In his time of instructing, Master Hammersley has created over 30 black belt students since 1991.

Master Soruco 3rd dan

Mr. David Soruco has studied martial arts for over 20 years. He was the lead instructor for the IU self-defense club and holds a 3rd degree black belt under Master Don Burns of Bloomington. Master Soruco is the lead Hapkido instructor for HMA. Hapkido runs the gamut from punching/kicking to joint locks, throws with a goal of practical self-defense. Class work starts with simple techniques appropriate for a beginning student and work up to more advanced techniques as a student matures in skill. Training time is split between technique drills and applied/self-defense practice.

Master Rob Keeler 4th dan

Master Keeler has been with HMA for over 15 years and teaches at the Danville School and teaches the Lil Dragons program. Rob will give your child our Martial Arts basics program which includes lessons on stranger awareness, punching, kicking, self-defense and discipline. Rob is also a wrestling coach and works as a professional teacher with children with learning disorders.

Ross Carpenter 3rd Dan

Ross Carpenter has studied with Master Hammersley for many years and is an assistant instructor at the Plainfield school. Ross continues to support the school and has won the AMAA state breaking Championship and serves as a ring coach for students in continuous sparring. Ross's specialties are breaking and forms, and truly the practices the tenets of TKD

Wayne Loney 2nd Dan

Wayne has been a student and instructor at Hammer Martial Arts since 2008. He is a 1st degree black belt in Taekwondo, holds a 2nd degree black belt in Hapkido and will receive his 3rd degree in the near future. Wayne also is a 2nd class brown belt in Judo. After serving in the United States Marine Corps he joined the Law Enforcement field where he has served over 37 years serving fugitive warrants and currently working extraditions. Wayne is currently serving the State of Indiana as a Sergeants Major in the Indiana Guard Reserve as the Provost Sergeant Major, teaches at the Military Police Academy in combative's, report writing and general law enforcement subjects. Wayne is a senior instructor and teaches the United States Hapkido Federations style of Hapkido. Wayne also specializes in a combat version of Hapkido which focuses on street encounters and developing a survival mind set. This training evolves intense body mechanics and muscle memory.